

Cardiovascular Health in Missouri



The heart of the matter...



Heart Disease is Missouri's number one killer. It is the leading cause of death for men *and* women, and for *all* racial and ethnic groups.



Nationally, Missouri ranks 42nd out of 52 states (including the District of Columbia and Puerto Rico) in terms of CVD death rates.

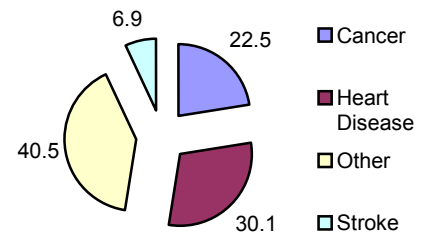


CVD cost Missouri over three billion dollars in hospitalization expenditures in 2000 alone.



Cerebrovascular disease (stroke) is Missouri's number three killer. Mortality rates are higher among African Americans and males. Nationally, Missouri ranks 18th in stroke death rate.

MO Causes of Death, 2001



Major *modifiable* CVD risk factors: smoking, physical inactivity, unhealthy eating, obesity.



More than one out of every four Missouri adults smokes. In 2001, Missouri had the tenth highest smoking prevalence rate in the U.S. Smoking rates are decreasing in Missouri.



More than one out of every four Missouri adults does not participate in any leisure time physical activity. Leisure time physical activity rates are increasing in Missouri.



Four out of five Missouri adults do not eat the recommended five daily servings of fruits and vegetables.



Over one half of Missouri adults are overweight or obese, and the prevalence is increasing. Missouri ranks among states with the highest rates of overweight and obesity.